

# USDA National Nutrient Database for Standard ReferenceRelease 28

## Nutrients: Methionine (g)

Food Subset: Abridged List  
Ordered by: Nutrient Content  
Measured by: Household  
Report Run at: September 18, 2016 06:32 EDT

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	1.282
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	1.119
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	1.052
01040	Cheese, swiss	132.0	1.0 cup, diced	1.035
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.023
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.952
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0.931
01035	Cheese, provolone	132.0	1.0 cup, diced	0.906
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.896
15005	Fish, bluefish, raw	150.0	1.0 fillet	0.889
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	0.889
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.855
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0.803
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.801
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.788
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving ( 3 oz )	0.777
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0.769
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak ( yield from 134.9 g raw meat )	0.758
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.753
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.753
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.753
01030	Cheese, muenster	132.0	1.0 cup, diced	0.751
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.751
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	0.751
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.751
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.744
12084	Nuts, butternuts, dried	120.0	1.0 cup	0.733
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	0.733

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.727
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.725
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.722
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.715
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.711
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	0.710
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	0.702
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.694
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.694
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	0.689
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.688
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.685
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.680
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.677
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.677
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.676
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.672
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.671
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.670
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.667
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.663
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	0.662
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	0.660
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.649
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0.648
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.646
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.646
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.645
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.642
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.638
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.637
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	0.632
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.631

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.631
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	0.631
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	0.626
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.625
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.624
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.621
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty ( yield from 104.1 g raw meat )	0.621
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.620
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.617
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.615
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.609
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.605
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.605
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.602
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.602
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.599
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.599
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.598
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	0.597
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.594
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.594
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	0.592
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.592
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.588
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0.588
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.587
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	0.587
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.586
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.585
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.583

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.582
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.581
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.577
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.576
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.573
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.570
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.570
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	0.568
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.565
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.563
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.560
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty ( yield from 112.7 g raw meat )	0.559
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.552
01019	Cheese, feta	150.0	1.0 cup, crumbled	0.552
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.552
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.549
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.543
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.540
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.539
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.536
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.533
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.532
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.531
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.526
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.524
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.518
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.508
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.507
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	0.507
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.506
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.503
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	0.501

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.498
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.497
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	0.496
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.493
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.491
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.489
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.488
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.486
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.485
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.485
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.485
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.485
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.484
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.479
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	0.478
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.478
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.476
15033	Fish, haddock, raw	85.0	3.0 oz	0.476
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.472
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.470
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.469
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	0.469
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.466
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.463
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	0.460
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.459
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.450
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.447
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	0.444
15013	Fish, cisco, raw	79.0	1.0 fillet	0.444
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.440
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.439
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.434
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.429
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0.425

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	0.422
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.421
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	0.414
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.412
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0.405
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.402
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.402
11450	Soybeans, green, raw	256.0	1.0 cup	0.402
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.383
01109	Milk, sheep, fluid	245.0	1.0 cup	0.380
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.362
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.362
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.358
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.356
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.352
01115	Whey, sweet, dried	145.0	1.0 cup	0.349
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.348
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.337
20314	Corn grain, white	166.0	1.0 cup	0.327
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0.325
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.319
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	0.317
20143	Teff, cooked	252.0	1.0 cup	0.315
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.311
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.307
01057	Eggnog	254.0	1.0 cup	0.305
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.304
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0.301
20130	Barley flour or meal	148.0	1.0 cup	0.299
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.295
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.294
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.288
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.286
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.286
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.281
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.277

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0.274
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.272
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	0.270
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	0.266
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	0.266
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.264
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.258
20090	Rice flour, brown	158.0	1.0 cup	0.258
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0.254
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.252
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.252
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.248
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.246
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.244
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.244
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.244
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.244
07939	Frankfurter, pork	76.0	1.0 link	0.243
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.243
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.238
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.237
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.229
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.229
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.228
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.228
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.223
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.220
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.218
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.217
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.214
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.213
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.208
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.207
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.206
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.205
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.203

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.202
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.201
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.200
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.199
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.198
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.195
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.195
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.194
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	0.190
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.190
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.190
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.189
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.189
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	0.188
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.188
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	0.187
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.184
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.177
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.175
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.173
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	0.171
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.170
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.170
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	0.169
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.168
07921	Bacon and beef sticks	28.0	1.0 oz	0.166
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.166
01004	Cheese, blue	28.35	1.0 oz	0.166
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.161
01007	Cheese, camembert	28.35	1.0 oz	0.160
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.158
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.157
07911	Liverwurst spread	55.0	0.25 cup	0.157
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.154
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.153
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.151



NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.151
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.151
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.150
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.149
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.149
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.149
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.149
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.149
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.147
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.145
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.144
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.142
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.139
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.139
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.138
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.138
15014	Fish, cisco, smoked	28.35	1.0 oz	0.137
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.137
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.136
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.135
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.135
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.134
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.134
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.133
01124	Egg, white, raw, fresh	33.0	1.0 large	0.132
07926	Salami, Italian, pork	28.0	1.0 oz	0.132
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.131
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.129
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.129
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.129
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.128
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.127

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.126
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.125
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.125
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.125
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.124
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.123
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.123
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.122
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.121
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.120
11304	Peas, green, raw	145.0	1.0 cup	0.119
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.119
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.116
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	0.116
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.116
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.112
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.112
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.110
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.109
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.106
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.106
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.105
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.104
11215	Garlic, raw	136.0	1.0 cup	0.103
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.103
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.103
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.102
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.102
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.102
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.101
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.101
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.101
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.100

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.100
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.099
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.096
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.096
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.095
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.095
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.094
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.091
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.091
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.090
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.089
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.088
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.087
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.085
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.084
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.084
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.084
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.084
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.084
01031	Cheese, neufchatel	28.35	1.0 oz	0.083
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0.083
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.083
07971	Bologna, meat and poultry	33.0	1.0 slice	0.082
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.082
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.082
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.081
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.080
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.080
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.080
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.079
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.076
20134	Rice noodles, cooked	176.0	1.0 cup	0.076
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.076
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.075
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.074
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.074

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.073
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.070
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.070
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.069
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.068
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.067
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.065
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.065
01070	Dessert topping, powdered	43.0	1.5 oz	0.064
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.063
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.063
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.063
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.062
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.062
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0.061
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.060
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.059
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.058
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.056
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.055
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.055
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.054
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.054
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.053
18241	Croissants, cheese	28.35	1.0 oz	0.053
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.053
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.053
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.051
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.051
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.051
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.051
18037	Bread, oat bran	28.35	1.0 oz	0.051
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.050
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.050
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.050
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.050

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	0.050
18239	Croissants, butter	28.35	1.0 oz	0.050
18245	Danish pastry, cheese	28.35	1.0 oz	0.049
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.049
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.049
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.048
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.048
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.048
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.047
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.047
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.046
18236	Cracker meal	28.35	1.0 oz	0.046
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.046
09205	Oranges, raw, with peel	170.0	1.0 cup	0.046
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.045
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.045
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.045
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.045
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.045
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.045
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.045
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.044
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.044
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.044
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.043
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.043
18066	Bread, wheat bran	28.35	1.0 oz	0.043
18240	Croissants, apple	28.35	1.0 oz	0.043
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.042
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.042
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.042
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.042
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.042
18025	Bread, cracked-wheat	28.35	1.0 oz	0.042
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.042
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.041

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
18224	Crackers, rusk toast	14.2	0.5 oz	0.041
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.041
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.040
18060	Bread, rye	28.35	1.0 oz	0.039
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.039
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.039
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.039
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.039
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.039
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.038
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0.037
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.037
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.037
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.037
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.037
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.036
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.036
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.036
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.035
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.035
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.035
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.035
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.034
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.034
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.034
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.034
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.033
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.033
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.032
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.031
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.031
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.031
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.031
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.031
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.030
18242	Croutons, plain	14.2	0.5 oz	0.030

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.030
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.030
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.030
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.029
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.029
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.029
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.029
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0.029
11098	Brussels sprouts, raw	88.0	1.0 cup	0.028
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.028
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.028
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.028
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.028
01017	Cheese, cream	14.5	1.0 tbsp	0.028
18243	Croutons, seasoned	14.2	0.5 oz	0.028
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.028
18214	Crackers, cheese, regular	14.2	0.5 oz	0.028
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.027
11965	Cauliflower, green, raw	64.0	1.0 cup	0.027
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.027
18177	Cookies, molasses	28.35	1.0 oz	0.027
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.026
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.026
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.026
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.026
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.026
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.026
11124	Carrots, raw	128.0	1.0 cup chopped	0.026
09277	Plantains, raw	148.0	1.0 cup, sliced	0.025
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.024
11080	Beets, raw	136.0	1.0 cup	0.024
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.024
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.024
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.024
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.024
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.024

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.024
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.024
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.024
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.023
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.023
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.023
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.023
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.023
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.022
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.022
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.022
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.022
09059	Breadfruit, raw	220.0	1.0 cup	0.022
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.022
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.021
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.021
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.021
01072	Dessert topping, pressurized	70.0	1.0 cup	0.021
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.021
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.021
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.020
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.020
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.020
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.020
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.020
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.020
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.020
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.020
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.020
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.019
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.019
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.019
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.018
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.018
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.018
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.017



NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.017
09164	Litchis, raw	190.0	1.0 cup	0.017
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.017
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.016
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.016
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.016
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.016
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.016
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.016
11457	Spinach, raw	30.0	1.0 cup	0.016
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.016
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.016
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.016
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.015
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.015
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.015
18170	Cookies, fig bars	28.35	1.0 oz	0.015
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.015
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.015
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.015
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.014
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.014
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.014
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.014
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.014
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.013
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.013
09176	Mangos, raw	165.0	1.0 cup pieces	0.013
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.013
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.012
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.012
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.012
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.012
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.012
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.012
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.012

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.012
11429	Radishes, raw	116.0	1.0 cup slices	0.012
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.011
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.011
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.010
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.010
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.010
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.010
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.010
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.010
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.009
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.009
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.008
21416	POPEYES, Coleslaw	120.0	1.0 package	0.008
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.008
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.008
02005	Spices, caraway seed	2.1	1.0 tsp	0.008
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.007
11086	Beet greens, raw	38.0	1.0 cup	0.007
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.007
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.007
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.005
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.005
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.005
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.005
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.005
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.005
09160	Lime juice, raw	242.0	1.0 cup	0.005
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.005
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.005
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.004
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.004
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.004
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.004
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.004
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.004

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.004
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.004
02015	Spices, curry powder	2.0	1.0 tsp	0.004
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.004
11213	Endive, raw	25.0	0.5 cup, chopped	0.004
11282	Onions, raw	160.0	1.0 cup, chopped	0.003
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.003
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.003
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.003
09252	Pears, raw	140.0	1.0 cup, slices	0.003
11151	Chicory, witloof, raw	53.0	1.0 head	0.003
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.002
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.002
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.002
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.002
02021	Spices, ginger, ground	1.8	1.0 tsp	0.002
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.001
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.001
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.001
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.001
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.001
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.001
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.001
09173	Longans, dried	1.7	1.0 fruit	0.001
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.001
11447	Sesbania flower, raw	3.0	1.0 flower	0.000
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.000
11216	Ginger root, raw	2.0	1.0 tsp	0.000
02045	Dill weed, fresh	1.0	5.0 sprigs	0.000
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.000
04001	Fat, beef tallow	12.8	1.0 tbsp	0.000
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.000
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.000
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.000
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.000
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.000
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.000
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.000